



POWER Throw-Ball™



Limited Warranty

Power Systems Inc. warrants that the Power Throw-Ball™ manufactured by Power Systems Inc. is free from defects in workmanship and materials for a period of 90 days from the invoice date. Should your product show signs of defective workmanship or material prior to the expiration of the 90-day warranty, you should call our customer service department at 1-800-321-6975 to receive directions on returning the product. This warranty is limited to the replacement of the product by Power Systems Inc. This warranty does not extend to any defect or problem caused by the negligence or acts of you or others, failure to maintain the product in accordance with instructions furnished with the product, unreasonable use, accidents, alterations, or ordinary wear and tear.

POWER SYSTEMS INC. SHALL NOT BE RESPONSIBLE OR LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND, INCLUDING BUT NOT LIMITED TO USE OF ANY PRODUCT, PERSONAL INJURY, LOSS OF TIME, INCONVENIENCE, OR OTHER INCIDENTAL OR CONSEQUENTIAL DAMAGES WITH RESPECT TO PERSONS, BUSINESS, OR PROPERTY, WHETHER AS A RESULT OF BREACH OF WARRANTY, NEGLIGENCE, OR OTHERWISE. POWER SYSTEMS INC.'S PRODUCTS LIABILITY SHALL BE LIMITED SOLELY TO THE REPLACEMENT OF THE GOODS NOT MEETING THE QUALITY AND SPECIFICATIONS WARRANTED. NO OTHER WARRANTY, EXPRESSED OR IMPLIED, SHALL APPLY, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, AND ANY SUCH IMPLIED WARRANTIES ARE EXPRESSLY DISCLAIMED. IN THE EVENT APPLICABLE LAW PREVENTS THE DISCLAIMER OF ANY IMPLIED WARRANTIES, THEN SUCH IMPLIED WARRANTY SHALL BE LIMITED TO THE DURATION OF EXPRESSED WARRANTIES ABOVE.

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Check out these other great medicine ball products.

Safety

Please follow these guidelines when using this product:

- Read all instructions carefully before using.
- Always consult your physician before participating in any physical activity.
- Always train under the supervision of a certified trainer or coach.
- Inspect the product for damage before each use. Do NOT use if damaged—contact Power Systems Customer Service for warranty/replacement information.
- Always use this product in an open area that is free from obstructions.
- This product is not a toy.
- This product is intended for use only as described in this document. Other uses are not recommended and could void the warranty.
- Power Systems Inc. assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of this product.

Medicine Ball Precautions

Medicine balls may cause serious injury when not used properly. Please observe these precautions:

- Never add air to a medicine ball. The ball is produced with a specific volume of air. Exceeding that volume decreases the strength of the shell, which can result in a split or ruptured shell or a deformed ball.
- Throw the ball against a hard, smooth surface only. Do not expose the ball to jagged or rough surfaces that can damage the shell.

CORBALL® Plus

These medicine balls have dual handgrips for more functional, diverse training. Ideal for abdominal training, rotational movements, and strength training. Solid molded handles with plastic textured grips for a secure, comfortable hold and durability for intense training conditions. Available in 10 weights from 6 to 30 lbs.



ELITE POWER Med-Ball™

Perfectly balanced and durably constructed, our Elite Power Med-Balls™ are guaranteed to maintain their shape. Perform traditional medicine ball exercises, bounce them against a wall or floor, or pass them to a partner. The textured surface ensures superior grip and handling. Incorporate them into any group fitness, sport-specific, or rehabilitation movement for added resistance. Available in 11 weights from 2 to 30 lbs.

POWER Rope-Ball™

Develop rotational strength and power with this functional training tool that combines a medicine ball with a rope handle. Rope-ball combination lets you perform quick rotational movements in an assortment of patterns and planes of movement. Hollow synthetic rubber construction allows this textured ball to rebound, so it's ideal for swinging and chopping motions too. Rope is permanently attached to ball; washers on each side of ball ensure rope doesn't slide. Handle attachment offers a variety of gripping options. Available in 6 weights from 2 to 12 lbs.



Visit www.power-systems.com for more information

Internal/External Shoulder Cuff Rotation

Stand with the feet shoulder-width apart. With the Power Throw-Ball™ in the throwing hand, form a 90-degree angle at the shoulder and a 90-degree angle at the elbow (the ball should be approximately in line with the ear). Rotate the hand backward and then forward at the shoulder. Repeat for the desired number of repetitions.



Dynamic Internal Shoulder Cuff Rotation

Stand with the feet shoulder-width apart. With the Power Throw-Ball™ in the throwing hand, form a 90-degree angle at the shoulder and a 90-degree angle at the elbow (the ball should now be approximately in line with the ear). Rapidly rotate *backward and then forward* at the shoulder and release the ball.



Dynamic External Shoulder Cuff Rotation

Stand with the feet shoulder-width apart. With the Power Throw-Ball™ in the throwing hand, form a 90-degree angle at the shoulder and a 90-degree angle at the elbow (the ball should now be approximately in line with the ear). Rapidly rotate *forward and then backward* at the shoulder and release the ball.



Overhand Throw While Kneeling

While kneeling on the same side as the throwing arm, throw with an overhand motion, following through completely. Repeat for the desired number of repetitions. *To increase the intensity of this drill, use a heavier Power Throw-Ball™, increase the distance to the target, increase the speed of the throwing motion, and/or all of the above.*



Overhand Throw

With the Power Throw-Ball™ in the throwing hand and the feet shoulder-width apart, wind up, step forward, and throw with an overhand motion, following through completely. Repeat for the desired number of repetitions. *To increase the intensity of this drill, use a heavier Power Throw-Ball™, increase the distance to the target, increase the speed of the throwing motion, and/or all of the above.*



Underhand Throw

With the Power Throw-Ball™ in the throwing hand and the feet shoulder-width apart, wind up, step forward, and throw with an underhand motion, following through completely. Repeat for the desired number of repetitions. *To increase the intensity of this drill, use a heavier Power Throw-Ball™, increase the distance to the target, increase the speed of the throwing motion, and/or all of the above.*

